

PATIENT SCALE BODY FAT PRO

MANUAL BOOK



PT. SINKO PRIMA ALLOY

Alamat	: Jl. Tambak Osowilangun Permai No. 61, pergudangan osowilangun permai Blok E7-E8, Surabaya-Indonesia (60191)
Telepon	: 031-7482816
Fax.	: 031-7482815
Aftersale (WA)	: 0821-4281-7085
Email	: aftersales@elitech.co.id sinkoprima@gmail.com
Website	: www.elitech.id

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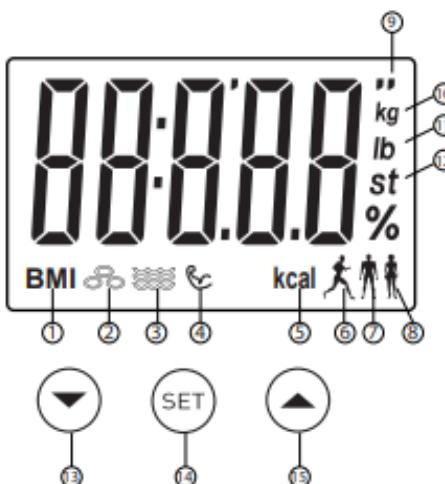
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1. Specification Parameters

- Power Supply : 3 x AAA or Adaptor 5V
- Display : 4.1"
- Capacity : 150 kg
- Weight unit : kg/lb/st
- Graduation : 50 gram
- Memory : 10 memory
- Auto-on and auto-off function
- Overload indication : Err
- Low battery indication: Lo
- Standard Measurement Parameter : Weight, BMI, Body fat, Body mass, Muscle mass, Total Body Water (TBW), Calorie (Kcal)

- Weight : ± 2 Kg
- Dimension : 310mm (L) X 310mm (W) X 27mm (H)
- Environmental Conditions :
Temperature : $5^{\circ}\text{C} \sim 35^{\circ}\text{C}$
Humidity : $\leq 80\%$
Atmosphere: 700 hPa ~ 1060 hPa
- Storage & Transportations:
Temperature : $10^{\circ}\text{C} \sim 40^{\circ}\text{C}$
Humidity : 30% ~ 75%
Atmosphere: 700 hPa ~ 1060 hPa

2. LCD and Description



1. BMI readout
2. Body Fat % reading
3. Body Water % reading
4. Muscle Mass % reading
5. Basal metabolic rate
6. Athlete mode icon
7. Male icon
8. Female icon
9. Height displayed in feet/inches (for lb readout only)
10. Weight readout in kg
11. Weight readout in lb
12. Weight readout in st
13. ▼ Back button
14. SET button
15. ▲ Forward button

1. **If the scale does not turn on or no weight is displayed?**
Check if the scale is powered up and started up. If not, please refer to the section "Preparation Before Use".
2. **If the scale displays "Lo"?**
The batteries are running low. Replace all 3 worn batteries.
3. **If the scale is inaccurate or weight varies?**
Place feet in center of platform and stand still. Allow weight to lock in before looking down at display. Flooring maybe a reason for fluctuation. Use the scale on the hardest floor. Do not move the scale unnecessarily.
4. **If the scale displays "88888" for more than 6 seconds?**
Calibration error. Step off the scale and wait until the scale automatically turns off. Start the scale again by pressing firmly on the scale platform to re-calibrate the scale. The display shows "0.00" and then turns off. The scale is ready for use again.
5. **If the scale displays "Err" when measuring?**
Overload warning. Remove the weight immediately; otherwise, permanent damage to the scale will occur.
6. **If the scale displays "Err 1" when estimating body fat and body water values?**
Contact error. Impedance cannot be measured. Please make sure that you are standing still on the scale with bare feet and maintaining maximum contact between your feet and the metal contacts. If not, please refer to the "Body Fat And Total Body Water Estimating Operation" section. You may need to moisten your feet to improve the electrical contact.
7. **If the scale displays "Err L" when estimating body fat, body water and muscle mass values?**
Estimated values are lower than the minimum values the scale can estimate. Moistening your feet may help to improve the electrical contact.
8. **If the scale displays "Err H" when estimating body fat, body water and muscle mass values?**
Estimated values are higher than the maximum values the scale can estimate. Moistening your feet may help to improve the electrical contact.
9. **If after I tried the corrective actions above, I still can't solve the problem**
If Error messages persist after following the corrective actions above, remove and reinsert the batteries after 1 minutes

10. Problem Solving and Question

Muscle Mass % ()

There are three different types of muscle: smooth, striated skeletal, and striated cardiac. Smooth muscle is made of smooth fibers. These are found in the walls of the digestive tract, respiratory tract and genital tract and in the wall of the venous and arterial blood vessels. Human striated skeletal muscle is in the skeletal and facial muscles. Cardiac striated muscle is found in the heart. This scale calculates the % of skeletal muscle and smooth muscle tissue in the body. On average, 40% of body mass is made up of skeletal muscle. Men usually have more pronounced muscles than women and the percentage may increase in those who practice sports. The percentage of muscle starts to decrease with age.

Basal metabolic rate (Kcal)

The basal metabolic rate or BMR, is the minimum calories required for the human body to survive, in order to carry out basic functions such as circulation, breathing, digestion, and maintaining body temperature. BMR is calculated on a person when at physical and mental rest, lying down on their back, having not eaten for 12 hours, after at least 8 hours' sleep and with a constant body temperature of 20 °C. Adult BMR varies from 1200 to 1800 kcal. BMR is calculated by several factors: age, gender, height, body composition, fever / stress, nutritional state and ambient temperature.

9. Important Notice

To keep the scale in the best possible condition, follow these directions as closely as possible.

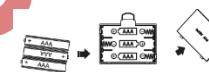
1. Store and operate the scale in a safe, dry location.
2. Do not disassemble the scale other than for replacing the batteries. It contains no user serviceable parts. Damage to the scale may occur as a result of improper handling.
3. Clean the scale after use with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
4. Avoid excessive impact or vibration to the scale, such as dropping it onto the floor.
5. This scale is designed to read weights between 5 and 150kgs (11 and 330lbs). To prevent damage, do not place more than 150kgs (330lbs) on it.
6. Do not store anything on the scale, as it is a sensitive weighing device.
7. Use the scale consistent with instructions provided in this manual.

3. Preparation Before Use

3-1 Insert the battery

This scale operates on 3XAAA zinc-carbon batteries(included). Open the battery cover on the back of the scale unit, place the batteries into the battery compartment according to the "+" and "-" polarity symbols at the bottom of the compartment. Replace the battery compartment cover. The scale will beep. If you do not intend to use this unit for a long period of time, it is advisable to remove the batteries.

Direction of the 3 AAA batteries



3-2 Set units of measurement

To change the unit of measure, press the UNIT button on back of the scale to select measuring unit (kg/lb/st).

3-3 Some models have a static cling label on the LCD lens to prevent scratching.

Remove before use.

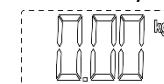
3-4 Set the scale in the right position

Always use the scale on a flat and hard surface. Do not use on carpets. Carpet or uneven flooring may affect measuring result.



3-5 Start-up the scale

Press firmly on the scale platform to start-up the scale. The display shows "0.0kg" and then turns off. The scale is ready for use.



Measuring weight only

- 1) Place the scale on a flat, sturdy surface.
- 2) Enable the scale, by pressing the middle of the platform.
- 3) Wait for few seconds and when the display shows "0.00", the scale is ready for weighing.

TIPS

Replace batteries when "LO" is displayed.

PRECAUTION!

To avoid injury, do not step with wet feet or on the edge of the platform.
Do not step on scale unevenly(X).

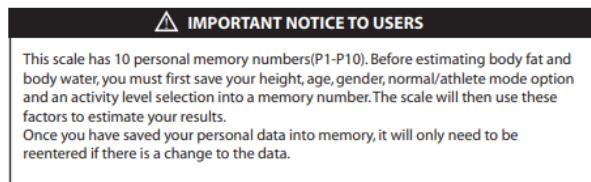
PRECAUTION!

The scale must be started up after each battery insertion / replacement of batteries or each time it is moved or bumped.

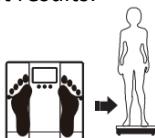
- 4) Step off the scale, the display will continue to show the reading for a few seconds before automatically turning off

4. Body Fat and Total Body Water

Estimating Operation



The accuracy of the results depends on how you stand on the scale. Take off socks, position your feet with maximum contact on the metal plate on the platform. This ensures the best contact between your feet and the metal contacts. Stay on the scale until the body fat estimation is completed and the result is displayed. Clean, slightly moist feet will provide the best results.



Feet centered on platform (V)

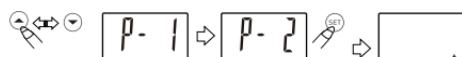


Feet not centered on platform (X)

5. To Program Your Personal Data

1. Press the “” button to turn the scale on
2. Select a memory (this scale can memorize data for 10 different people)
Press ▲ and ▼ button to choose a memory number (P1-P10)

Press the “” button to select the displayed memory number. A gender/athlete mode icon blinks.



3. Select Gender/Athlete

Pres ▲ and ▼ button to toggle between male , female , male athlete , female athlete .

Press “” button to confirm. An activity level number blink.



8. To Turn Off The Scale

The scale turns off automatically after a few seconds if no buttons are pressed or nothing is weighed

Body composition

Body mass index (BMI)

The BMI is the relation of body weight to height. The classification given below is correlated to the risk that body weight exerts on health. When BMI is between 18.5 and 24.9 it means that the weight does not statistically impact health and is to be considered normal. Any deviation, above or below this range, is the BMI interval should be considered a health risk. In this case, we recommend consulting a physician.

BMI parameter (reference to WHO)				
	under weight	normal	over weight	obese
BMI	<18.5	18.5~24.9	25~29.9	>30

Body fat % ()

The body fat percentage indicated in the table below represents the total fat that is calculated by adding essential fat and storage fat. Essential fat is necessary for various bodily functions. Storage fat gives energy, protects against physical trauma, and insulates the body to preserve heat.

These percentages vary with the age and gender of the individual as shown in the table below. It may be used as a guide:

If the percentages indicated by the scale do not fall within the values indicated as “normal” in the table, we recommend consulting with your physician.

BODYFAT TABLE						
	Age	Too lean	Lean	Normal	Fat	Too fat
WOMEN	18-30	< 16.0%	16.1 - 20.5%	20.6 - 25.0%	25.1 - 30.5%	> 30.6%
	30-60	< 20.0%	20.1 - 25.0%	25.1 - 30.0%	30.1 - 35.0%	> 35.1%
MEN	18-30	< 11.0%	11.1 - 15.5%	15.6 - 20.0%	20.1 - 24.5%	> 24.6%
	30-60	< 15.0%	15.1 - 19.5%	19.6 - 24.0%	24.1 - 28.5%	> 28.6%

Water % ()

The % of water in the body differs based on gender: in healthy adult women it ranges from 45% to 60% while in men it ranges from 50% to 65%. The percentage of water is greater in childhood and decreases with age. Body weight variations can occur in a short period of time (hours), a medium period of time (days) or over a long period (weeks). Small variations in weight over a few hours is normal and due to water retention since extracellular water (which includes the interstitial fluid, plasma, lymph and transcellular fluid) is the only part capable of varying so rapidly. When weight losses occur in just a few days, it is very likely that it is part of the total water.

7. How to Delete A User Profile

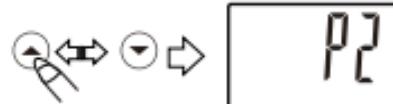
In the event that two profiles conflict (within +/-6.6lbs of each other) it is possible to delete one of the profiles by doing the following.

1. Step on the scale. Your weight will appear.
2. The scale will try to pull up a user profile. If there are two or more conflicting profiles the screen will display the conflicting memory numbers group one by one in few seconds.

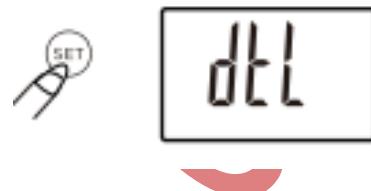
For example:



3. Press the ▲ button to select P1 or press the ▼ button to select P2



4. Press and hold the button for 3 seconds and the display will show "dEL".



5. The next time the scale is turned on, all information pertaining to the deleted user will be cleared

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Definition of an Athlete:

The general consensus among researchers is that a quantitative dimension could be used in defining an athlete. For example, an athlete could be defined as a person who consistently trains a minimum of three times per week for two hours each time, in order to improve specific skills required in the performance of their specific sport and or activity

4. Select an activity level

Press the ▲ and ▼ button to choose an activity level (1-5). Press the "  " button to select the displayed activity level. The height digits blink.



Select your activity label according to the following guidelines:

- Level-1 Sedentary/ Very Inactive: little or no exercise
 - Level-2 Limited Activity: exercise/sports 1-3days a week
 - Level-3 Moderate Activity: exercise/sports 4-5 days a week
 - Level-4 Very Active: exercise/sports 6-7 days a week
 - Level-5 Extremely Active: physically demanding exercise/sports or athletic training
5. Enter Your Height (measuring between 100 cm and 220 cm tall)

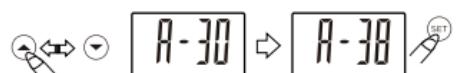
Press the ▲ and ▼ button to increase/decrease the height digits.

Press the “” button to select the displayed height. The age digits blink.

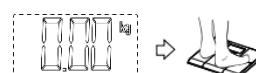


6. Enter Your Age (individuals aged 18 to 80)

Press the ▲ and ▼ button to increase/decrease the age digits. Press the “” button to select the displayed age.



7. Then show “0.0”. The scale will automatically shut off after in 60 seconds if no more use. Your personal information is saved in memory. Note : You may step on the scale for a reading with bare feet when “0.00” appears on the screen.



6. Body Fat and Total Body Water Estimation Operating Using Memory

Note: in order for the scale to estimate your body fat, total body water and muscle mass estimation, you must first enter your personal data into memory.

The scale has 10 personal memory settings. This allows up to 10 users to store and recall their own height, age, gender/ athlete mode option and activity level selection. Follow steps in the previous section “Program Personal Data” to input your personal information into a memory location.

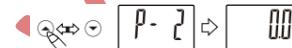
A. To Recall Personal Data From Memory for Body Fat and Total Body Water Estimation

You must have bare feet for estimation results. Remove your shoes and socks before proceeding. Clean, slightly moist feet will provide the best result. Position your feet with maximum contact on the metal electrodes on the platform.

1. Press “” button to turn the scale on. A memory number(P1-P10) blinks



2. Press the “▲” and “▼” buttons until your memory number appears. Wait for the screen to show “0.0”



3. When “0.0” appears on screen, step on the scale with bare feet, positioning your feet evenly on the scale platform with maximum contact with the metal electrodes.



4. Stand still while the scale measures your weight

5. Your weight will display for 2 seconds and scale beep, then the scale will begin to estimate your body composition. The screen shows a moving zeros pattern “0000” while estimating. Continue to stand still on the scale



6. After a few seconds, your BMI, body fat %, body water %, muscle mass %, KCAL and weight estimates will be displayed.



7. The results are repeated, and then the scale will turn off automatically.

B. Automatic User Identification

After you have programmed your personal data into memory and weighed yourself once, the scale will recognize you by your weight ins. It does this base on the weight of the user(it will detect all proles within +/- 3kgs (6.6lbs). There is no need to reprogram any information or manually select a memory number if this is done correctly, except if you have lost or gained 3kgs (6.6lbs) from your last weigh-in

1. Step on the platform directly with bare feet to turn the scale on. Position your feet evenly with maximum contact with the metal electrodes.

2. Stand still while the scale measure your weight

3. Your weight will display for 2 seconds, and then the scale will begin to estimates your body composition. The screen shows a moving zeros pattern “0000” while estimating. Continue to stand still on the scale.



4. If there is only one user profile whose last weight reading is close to the person being weighed, the scale will select that user's memory number automatically. The body composition estimates will then display twice before the scale turns off.

P- 2 → 20 → 21.8% → 52.6%

23.5% → 20.68 → 53.82

5. If there is more than one user profile (like 2 or 3) whose weight is close to the person being weighed (within 3kgs), the memory numbers for the close weight will appear on the screen, step off the scale, press the “▲” and “▼” buttons to select your memory number accordingly.

For example: P1 P2 → P2

Note: For automatic user identification to work you must first select a profile, input your profile data and measure your weight at least once. If a user profile is not automatically located, please repeat steps 1 and 2 carefully

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